



**ALPHONSA COLLEGE PALA**

**CRITERION 3**

**RESEARCH, INNOVATIONS AND EXTENSION**

**EXTENSION ACTIVITIES**

**(2020-2021)**

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## Extension Activities - (2020-2021)

### COVID RESCUE ACTIVITIES

#### Training as covid volunteers

As a part of going in hand with the Corona rescue programmes of the state, the National Service Scheme, Cadets and ANO of the NCC sub unit completed IGOT training for COVID Volunteers. They rendered a helping hand to many during the corona period and our NCC cadets have taken voluntary services in the domiciliary care units of the government.



## PPE KIT DISTRIBUTION

To impart social responsibility among students ,the NCC Sub Unit distributed PPE Kits to Good Samaritan Task Force Pala and Janamaithri Police Erattupetta.This initiative was really helpful to build an attitude among students to positively respond to the needs of the society.



**AS PART OF THE 72 ND NCC DAY CELEBRATION  
WE THE CADETS OF ALPHONSA COLLEGE PALA  
DISTRIBUTED PPE KITS TO GOOD SAMARITAN  
TASK FORCE PALA AND JANAMYTHRI  
POLICE ERATTUPETTA.**

golden\_girls\_of\_aop

## COVID VACCINE HELP DESK

The NCC Sub Unit run a help desk to assist the public in registering for COVID Vaccine. The cadets made the public aware about the urgent need for vaccination and helped them to register online in COWIN portal. Vaccination certificates were also downloaded from the website and handed over to the concerned persons.

ALPHONSA COLLEGE PALA NCC  
5K GIRLS BN CHANGANACHERRY

**Covid 19 vaccine**

**കൊറോണ  
Help Desk**

ഞങ്ങൾ ഉണ്ട്...

Help line....

+91 99479 70011  
+91 85904 40957  
+91 9188235301

Stay Home  
Stay Safe

## **MASK MAKING AND DISTRIBUTION TO PUBLIC**

The NSS unit conducted online sessions of mask making for NSS volunteers and the cloth masks which were designed by the volunteers were distributed to the panchayat officials.







# A HELPING HAND TO THE MARGINALIZED IN THE SOCIETY

## FREE TUITION CLASSES

The students of Mathematics and English association conducted free tuition classes for the students of St. Joseph's orphanage Kummannoor. This helped the inmates to excel in their studies and to face the exam more confidently.



## **DONATION OF STORY BOOKS TO ST. JOSEPH'S CHILDRENS HOME**

Final year degree and post graduate students of Department of Zoology, Alphonsa College Pala distributed story books to the inmates of St. Josephs children home Pala. The students conducted various cultural programmes for the children and interacted with them.





## **DISTRIBUTION OF SURVIVAL KIT**

The NCC sub unit of Alphonsa college distributed survival kit to the inmates of Mariyasadanam and Snehabhavan, Pala. The survival kit consisted of essential grocery items and clothes, which helped the inmates to survive the severe financial crisis during the corona pandemic period.



**Distribution of survival kits to Mariyasadanam**



**Distribution of survival kits to Snehabhavan**

## CHARITY CELL

Alphonsa College Pala NCC Charity Cell is an initiative by the sub unit to offer financial assistance to the less privileged. The cadets put their earnest effort to collect the money from various programmes and the cadets offered a monthly contribution to the same.. So far Rs. 34,000 has been distributed to the needy including contribution to CMDRF .

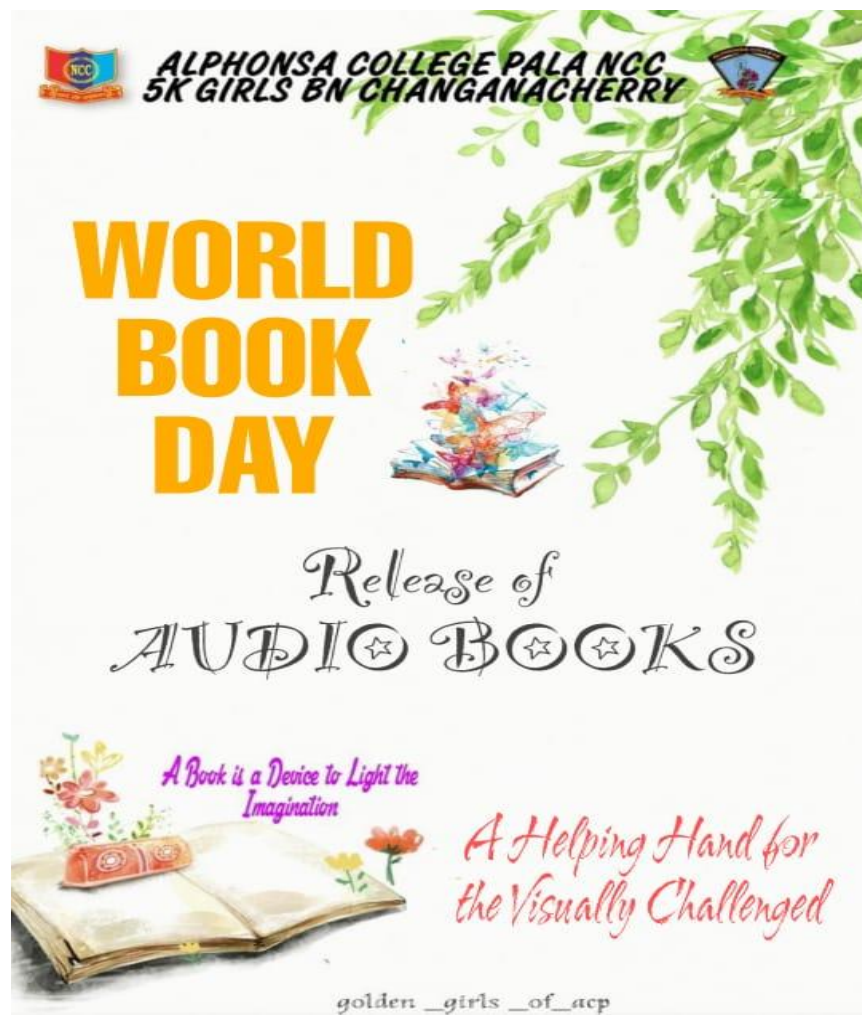
The charity cell of Alphonsa College NCC Sub unit was inaugurated on 17 February by the Group Commander of Kottayam Group Brigadier Sunil Kumar NV. As part of charity initiatives, the sub unit launched One Rupee challenge motivating the community to save one rupee a day to help the needy.





## AUDIO BOOK

Being visually impaired should not be a setback to enter the magnificent world of books. Literature has an amazing quality that is to transport us all to a different, wonderful world of adventures that we choose for a while. In this point in time, technology has made sufficient progress as to allow those who have different seeing capabilities to live as close to a completely normal life as possible. The NCC subunit of Alphonsa College Pala released Audio books to help the visually challenged to explore new avenues of information.





## CHARITY INITIATIVES



The unit adopted a student of 50+ age, who was struggling to earn a livelihood along with her studies. She resumed her studies after a gap of so many years because of her passion for studies. She is a single mother of two children, one doing B.Tech and the other +2. The volunteers decided to collect ten rupees per month for her so that they can contribute 4000 towards her daily expenses. In addition the unit contributed Rs. 75,000/- in different installments for her during the last two years. She was assisted to start a Janaseva Kendram by the time she complete her graduation from our college. The Kendra is to start functioning by 15 July 2021 after her final year BA Exams.



**FINANCIAL AID FOR HOUSE RENNOVATION**



NCC and Redcross units of Alphonsa College Pala transferring the fund for house rennovation



Renovations under progress

## MENTAL REHABILITATION CENTRE VISIT

The unit raised funds for the charity initiatives from the activities like exhibitions and food fest conducted in the previous years as well as from the vegetable gardens maintained by the volunteer. The Unit managed to buy **two wheel chairs** and **one washing machine** for **Ananda Bhavan**, a charity home for mentally retarded, near Chittar, our adopted village.







The unit extended their helping hands to the inmates of **St. Rockey's Home**. Adult diapers and Material support was offered from time to time.





**Deepthi DCMR school hostel**, which was built newly for mentally retarded boys, was supplied with a few **beds** by the joint efforts of volunteers, programme officers and Principal. The aid was handed over to the Principal of the school by Dr. Sr.Gigimol MG, Principal, Alphonsa College.



The unit handed over a **wheel chair** for the inmates of **Dhayabhavan, Vellilapalli** which they have brought by the money raised from different activities.



A family near our adopted village has two children who are blind, deaf and dumb. One of them cannot even stand up. This family was offered support by our unit as supply of **medicines and essential things** and sometimes as monetary help.



## PUBLIC AWARENESS PROGRAMMES

The volunteers also made many **awareness posters on Covid** during the lockdown days and posted them in their social media accounts and Whatsapp statuses. Also campaigns were conducted by means of videos and posters for enlightening the society.

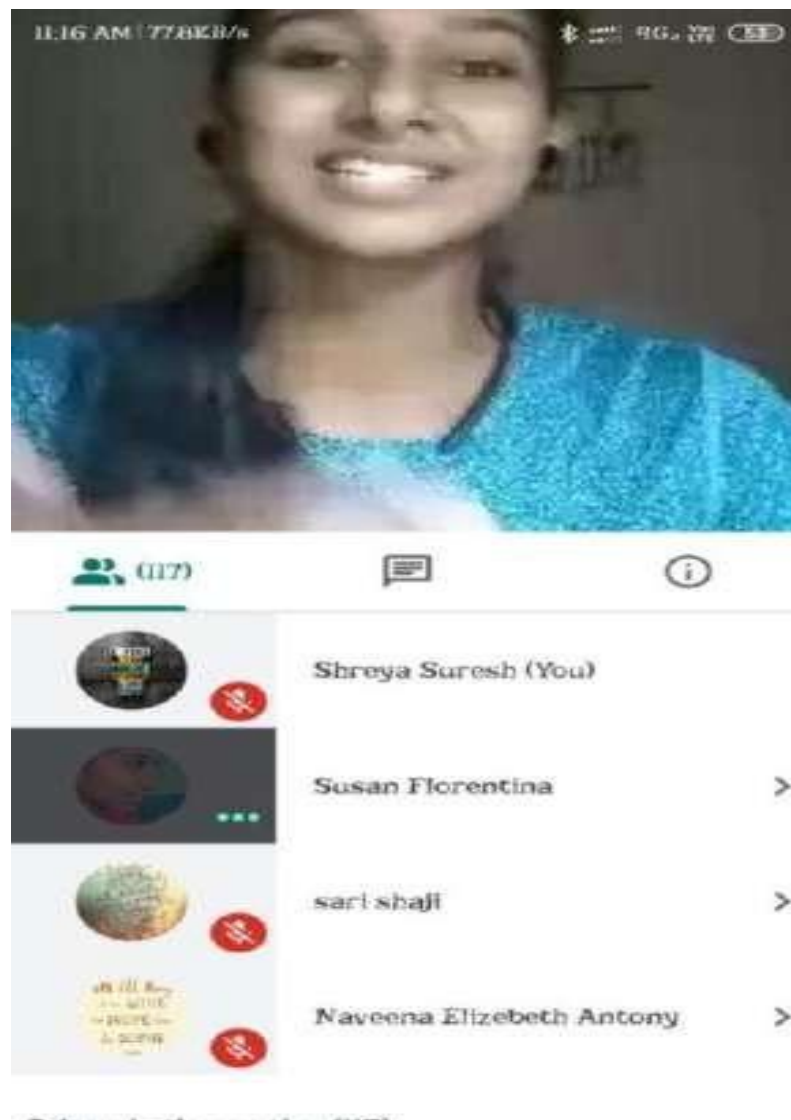


They shared their positive ideas to the maximum to help the world escape from the clutches of the pandemic. Also, various competitions were conducted for the volunteers and they actively participated in all the activities with the realization that a healthy mind formed out of social interactions only could create a healthy body.



## Fit India Campaign

The cadets of the sub unit actively participated in the Fit India Campaign launched by the Prime Minister. As part of the campaign the sub unit conducted webinar series on “Health And Physical Fitness”, “Essentials Of Disciplined Physique” “Fitness And Dietary Habits” Physique And Physical Fitness”. Along with that the cadets also made a short film “ECHO” on the theme Fit India Young India.



NSS and NCC units of Alphonsa College, Pala organized a class on 'Essentials of Disciplined Physique' based on fitindia by Amal Manohar, fitness trainer and national athlete, on 17 September.



The 21<sup>st</sup> anniversary of Operation Vijay was celebrated. As part of the celebrations an online video contest on the theme “Operation Vijay was conducted. As part of Hiroshima Day the sub unit launched 1000 Origami crane project.

## ENVIRONMENTAL CONSERVATION INITIATIVES

### PLOG RUN

**Plog run** is an environmental term which describes when people combine jogging with picking up litter. As a part of Gandhi Jayanthi celebrations the NCC and NSS unit conducted a plog run.







This act of plog run highlighted the need for reducing plastic consumption and compel a healthier way of managing trash.



## ROAD CLEANING

On Gandhi Jayanthi, October 2nd day, as part of the NSS and NCC activities, all the volunteers cleaned the road in front of their house. Volunteers made a video of Gandhi and designed a poster and cover page.







## TREE PLANTATION PAKWADA

Trees are become an important part of every community by increasing the quality of life. A tree plantation pakwada was organized by the NCC unit and One Cadet one tree programme was launched. This make the cadets aware of the importance of planting trees and help them to realize the same.



## VEGETABLE GARDENING

During the lock down all the volunteers were confined to their houses and so they focused on vegetable garden making for the creation of a sustainable environment and healthy food habits. Each of them planted at least one fruit tree in their house premises during that time. It is also decided to use the amount they collect from their vegetables will be used for the benefit of the community.









## **MAINTENANCE OF BAMBOO SEEDLINGS**

The ability of bamboo plants to absorb rainwater is quite large, namely through the mechanism of interception. Therefore, bamboo can reduce the potential for runoff and soil erosion volume by 85% in riverbanks. The students of the department of Zoology worked for the maintenance of bamboo seedlings, planted by them in previous year, along the shores of Meenachil River at Chethimattam region.







# GENDER EQUITY PROGRAMMES

## WEBINAR ON GENDER SENSITISATION

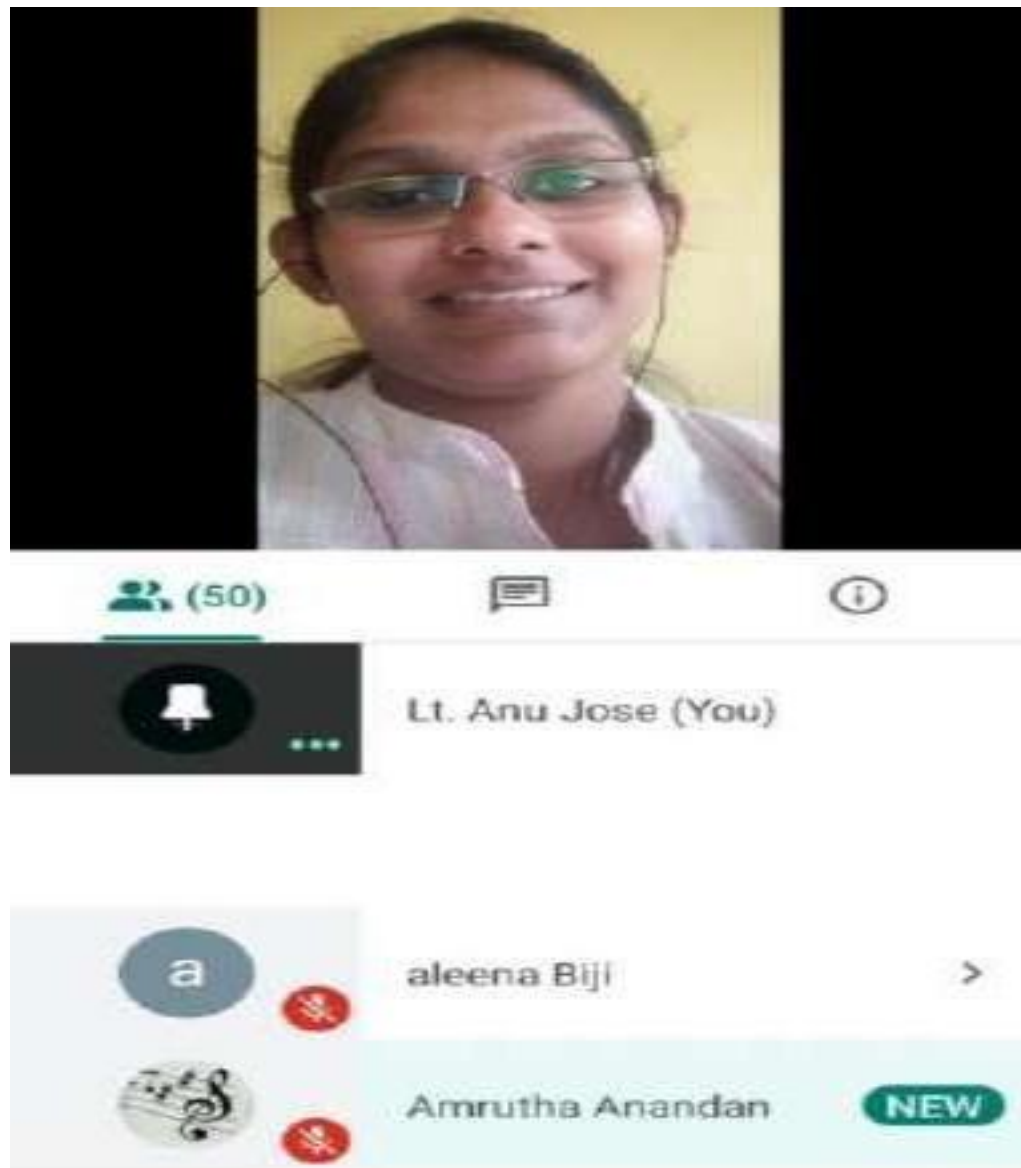
A webinar on the topic Gender Sensitisation was conducted on 7<sup>th</sup> October, “Aazhamulla penparakkangal”. Dr. Mini Sebastian Asst. Professor Dept. of Malayalam, Devamatha college was the chief guest. Gender Sensitization is a basic requirement to understand the sensitive needs of a particular gender. It helped the volunteers to examine their personal attitudes and beliefs and question the ‘realities’ they know.





## WEBINAR ON WOMEN EQUALITY

A webinar on Women Equality Day was conducted on 29<sup>th</sup> August 2020. The resource person was Lt.Anu Jose, Dept. Of English Alphonsa College.



## RURAL WOMEN EMPOWERMENT PROGRAMME

As part of the International Day for Rural Women, a Rural Women Empowerment programme was launched. The NCC Cadets of our college offered the rural women training in garment making and in the use of E payment wallets.



The NCC cadets also actively participated in the Athmanirbharbharat initiatives launched by the Prime Minister. They took Athmanirbharbharat oath on Be Vocal about Local, pledging themselves to stand for products made in India.

As part of Rashtriya Ektha Diwas, greeting cards were sent to 17NCC state directorates. A short video on the cultural specifications of Indian states and Union territories was also made. Constitution day was celebrated by organizing webinars on “ The Making Of The Indian Constitution”, “Right To Protection From Harassment “ Social Rights And Indian Constitution”. The cadets translated the Preamble to Indian Constitution into 18 Indian languages. A good number of documentaries and short videos were made by the cadets to celebrate Independence Day, Republic Day, Gandhi Jayanthi, 50<sup>th</sup> anniversary of Operation Vijay 1971, NCC day, Indian Army Day, Indian Navy Day and Air force Day.

As part of Swatch Bharat initiative the cadets engaged in cleaning water bodies and Statues. Survival kits were distributed to Mariasadanam Pala and to the Snehagiri Mission. The sub unit was awarded the Best Institution award for its active participation in varied NCC activities.